

POWER HOURS OF QIGONG & MEDITATION[®] FOR RELAXATION & STRESS RELIEF

Date: Saturday, April 02nd

Time: 1:00-3:00pm

Place: Kaya Wellness & Yoga center, 301 Rehoboth Ave, Rehoboth Beach, DE 19971

Fee: \$45



In this two-hour seminar, you will:

learn two qigong forms, meditation and breathing techniques for :

Moving simple qigong and t'ai chi exercises, Qigong for Everyone, and WuMing Qigong.

Standing stance of power, the most powerful and basic qigong meditation that anyone can learn. This is the "magic pill", that may help lower blood pressure, reduce stress, increase positive stress-relieving endorphins

Sitting style as seen in Zen Buddhism with the focus on proper breathing, focus, concentration to enhance productivity and creativity

Debi Dunn

is a certified qigong, t'ai chi, yoga and meditation instructor.

She is a Reiki Master, and offers a variety of amazing treatments on a heated, healing amethyst filled biomat.

She is the founder of The Heart of Healing, Inc. and is a Professor of Stress Management at WCU.

Debi also offers corporate, self health seminars and special in-home hosted, "Stress Less Events". Visit her website at theheartofhealing.com and view her two Qigong for Everyone DVDs, and Tranquil Journeys meditation CD. Email Debi at debi@theheartofhealing.com or phone

